



Ref. No. 268 /Dean/Dr.RMLIMS/2024

Date 05 /10/2024

Notice

Instructions to Phase-I MBBS Students (MBBS 2024 Batch)

1. As per NMC guidelines, MBBS Batch 2024 will commence from 14<sup>th</sup> October 2024.
2. Students will report to the hostels on 12<sup>th</sup> & 13<sup>th</sup> October 2024 between 09:00AM to 02:00PM. (Instructions for hostel allotment are available on Institute website)
3. Foundation course of MBBS Batch 2024 will be conducted from 14<sup>th</sup> October 2024 to 26<sup>th</sup> October 2024 in Lecture Theatre-5.
4. From 28<sup>th</sup> October 2024, regular classes of MBBS Batch 2024 will commence.
5. Instruction for Phase-I MBBS students is attached herewith.

(Prof. Pradyumn Singh)  
Dean  
Dr. RMLIMS, Lucknow

Dr. Ram Manohar Lohia  
Institute of Medical Sciences  
Lucknow-226010

Copy to:-

1. PS to Director, Dr.RMLIMS.
2. Chairman, UG Committee, Dr.RMLIMS.
3. All HOD and U.G Co-ordinator, Dr.RMLIMS.
4. Controller of Examination, Dr.RMLIMS.
5. Chief Computer Programmer
6. Chief Hostel Warden, Dr.RMLIMS.
7. Student Google & Whatsapp Group.
8. All Notice Board, Dr.RMLIMS.

(Prof. Pradyumn Singh)  
Dean  
Dr. RMLIMS, Lucknow



# Dr Ram Manohar Lohia Institute of Medical Sciences Lucknow

The Directors, Dean, Faculty and the staff congratulate you on securing admission to the prestigious Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow.

## Phase and Subjects covered-

- 1<sup>st</sup> Professional : Anatomy, Biochemistry, Physiology  
 2<sup>nd</sup> Professional : Pathology, Microbiology, Pharmacology  
 3<sup>rd</sup> Professional Part-I : Community Medicine, Forensic Medicine, E.N.T., Ophthalmology  
 3<sup>rd</sup> Professional Part-II : General Medicine, General Surgery, Obstetrics and Gynaecology, Paediatrics

## Timetable of 1<sup>st</sup> Professional

TIME/ DAY	LECTURE/LECTURE DEMO	LECTURE/LECTURE DEMO	1050H - 1100H	PRACTICALS/TUTORIALS	1300H - 1400H	DISSECTION/LECTURE DEMO/DOAP/SDL	LEC DEMO
	0900H - 0955H	0955H - 1050H		1100H - 1300H		1400H - 1600H	1600H - 1700H
MON	PHYSIOLOGY	ANATOMY	RECESS	BATCH-A AN	LUNCH	ANATOMY	ANATOMY
TUE	BIOCHEMISTRY	ANATOMY		BATCH-B PY		ANATOMY	PHYSIOLOGY
				BATCH-C BIO		ANATOMY	
				BATCH-B AN			
WED	ANATOMY	BIOCHEMISTRY		BATCH-C PY		PHYSIOLOGY	
				BATCH-A BIO			
				BATCH-C AN			
THU	ANATOMY	PHYSIOLOGY	BATCH-A PY	ANATOMY	BIOCHEMISTRY		
			BATCH-B BIO				
			BATCH-A AN				
FRI	PHYSIOLOGY	PHYSIOLOGY	BATCH-B PY	ANATOMY	ANATOMY		
			BATCH-C BIO				
			BATCH-B AN				
SAT	COMMUNITY MEDICINE		PHYSIOLOGY	BATCH-C			
				BATCH-A PY			
				BATCH-B BIO			
SUN	HOLIDAY						



## Attendance

There shall be a minimum of 75% attendance in theory and 80% attendance in practical for eligibility to appear for the examinations in that subject. In subjects that are taught in more than one phase - the student must have 75% attendance in theory and 80% attendance in practical in each phase of instruction in that subject. There shall be a minimum of 75% attendance in AETCOM and minimum of 80% attendance in family visits under Family adoption program.

## Vacations-

Summer vacation – 1 week

Diwali and Holi – 1 week

Preparatory leave- 2 week

## Mentorship program

Mentor- Mentee program shall be carried out judiciously, with the ratio of 1 Mentor to 3 mentees. Mentor may be selected from all disciplines from the level of Professor/ HOD to Assistant Professor. Mentor shall be allotted his mentees during the foundation course itself from Phase 1. The mentee shall stay connected with the Mentor throughout his career till he completes CRML. Each year when 3 new mentees are added from phase 1 to the mentor, the senior batch students shall support the junior students and create a healthy sibling environment (instead of ragging).

## Foundation Course-

Dr.RMLIMS shall organize admission timing and admission process in such a way that teaching in the phase I commences with induction through the Foundation Course at the beginning of academic year. The Foundation Course shall have a minimum of 75% attendance of all students mandatorily. This will be certified by the Principal/Dean of the college.

**Foundation course of MBBS Batch 2024 will be conducted from 14<sup>th</sup> October 2024 to 26<sup>th</sup> October 2024 in Lecture Theatre-5.**

## Regular Class-

Regular Class will be started on 28<sup>th</sup> October 2024 in Lecture Theatre-5.

## Fresher's Day-

To welcome the first year MBBS students to Dr. RMLIMS, Lucknow family a Fresher's Day celebration will be commenced one month after the admission.

Dr. Rashmi Kumari  
SIB-Dean  
Member Secretary  
U.G. Committee  
Dr. RMLIMS, Lucknow

Prof. Vineeta Mittal  
Chairperson, U.G. Committee  
Dr. RMLIMS, Lucknow



## DRESS CODE FOR STUDENTS

All students must be in college uniform mandatory for college functions/ college day etc as under:

**BOYS:** White shirt and grey trousers, college Tie, black formal shoes with Blazers in winter

**GIRLS:** Grey kurta with sleeves and white salver with white dupatta, black shoes or bellies, Blazers in winter

**For routine days the dress code is as under:**

### For Boys

#### 1. Winter Dress

- Trousers/Full sleeves shirts with Pullover/Blazer and college Necktie.
- Black Shoes with laces. No Sandals allowed.

#### 2. Summer Dress

- Trousers with tucked in Full/ Half Sleeves Shirt.
- Black Shoes with laces. No Sandals are allowed.

### For Girls

#### 1. Winter Dress

- Salwar Kameez with Dupatta, Pullover/Blazer.
- Block Shoes with or without laces (No Sandals are allowed).

#### 2. Summer Dress

- Salwar Kameez with Dupatta.
- Block Shoes with or without laces.

Students should come to attend the college/ clinics in decent professional attire. Wearing Chappals/Sport Shoes/ Cads/Jeans/T-Shirts is not allowed. It is mandatory to wear a clean, well ironed Apron while in the college. Boys should shave everyday (any religious binding is exempted) and maintain personal hygiene.

**Note: - Rules are subject to change from time to time.**



**IMPORTANT UPDATE REGARDING PRESCRIBED TEXTBOOKS AND GENERAL  
INFORMATION FOR MBBS BATCH 2024**

**Department of Anatomy**

**I. Books recommended for 1<sup>st</sup> year MBBS students**

**Text books:**

- |                    |   |
|--------------------|---|
| 1. Gross Anatomy   | Cunningham's manual of Practical Anatomy (Vol. I, II & III)/<br>Thieme Dissector (Vol. I, II & III)<br>Yogesh Sontakke Textbook of Gross anatomy (Vol. I-V)<br>Inderbir Singh's/ Vishram Singh's Textbook of Anatomy 4 <sup>th</sup> ed (Vol. I,<br>II & III) |
| 2. Histology       | Inderbir Singh's Textbook of Human Histology/GP Pal Textbook<br>of Histology/Textbook of Human Histology Yogesh Sontakke  |
| 3. Neuroanatomy    | Inderbir Singh's/ Vishram Singh's Textbook of Human<br>Neuroanatomy<br>Illustrated Textbook of Neuroanatomy: G P Pal  |
| 4. Embryology      | Langman's Medical Embryology:TW Sadler/ Textbook of Human<br>Embryology Yogesh Sontakke   |
| 5. Genetics        | Medical Genetics: G P Pal   |
| 6. General Anatomy | Vishram Singh, 3 <sup>rd</sup> Ed/ BDC Handbook of General Anatomy 7 <sup>th</sup> ed   |
| 7. Osteology       | Human Osteology NA Faruqi 4 <sup>th</sup> ed  |

**Reference books:**

1. Clinical Anatomy by Regions: Richard Snell
2. Moore's Clinically oriented Anatomy (Vol. I, II & III)
3. Lee McGregor's Synopsis of Surgical Anatomy. 12<sup>th</sup> Edition
4. Gray's Anatomy for students: 5<sup>th</sup> South Asia edition
5. Last's Anatomy 12<sup>th</sup> : Sinnathamby
6. Grants Method of Anatomy, 14<sup>th</sup> Edition: Basmajian
7. Gray's Clinical Photographic Dissector of the Human Body by Loukas
8. Basic Histology Text & Atlas, 13<sup>th</sup> Edition: Junqueira
9. Atlas of Histology with functional correlation. International Edition 13<sup>th</sup> Edition: Di Fiore's
10. Before we are born: Essentials of Embryology & Birth Defects. 9<sup>th</sup> Edition: Moore, Persaud
11. Clinical Neuroanatomy 6<sup>th</sup> Edition: Snell
12. Atlas of Anatomy, 3<sup>rd</sup> Edition: Anne M. Gilroy, Lawrence M. Ross.

Practical Manuals and Log Book will be provided by the Department.

**II. Dissection Instruments**

Dissection kit should include:

1. Scalpel with Blade no. 11 and 23
2. Forceps (2): toothed, pointed & non-toothed (medium size)
3. Scissors (2): blunt & sharp (small)
4. Mounted needle
5. Brush



6. Inch tape

### III. Stationery

Students should have the following stationery with them:

Registers: 9

Histology (H & E pencils)

Color pencils (Faber Castell)

### IV. Instructions to Students:

1. Punctuality and discipline should be always maintained by the students.
2. Students should be dressed in formals (boys: collared shirt and dark colored trousers with formal shoes; girls: suit – salwar with dupatta and shoes)
3. T-shirts, jeans, leggings, sleeve-less dresses, sport shoes are not allowed for both boys and girls.
4. Students are advised to tie their loose hair back.
5. Students are expected to wear a white long sleeved, knee length apron.
6. Students should have their own dissection kit and gloves.
7. Gloves should be thrown into the trash can after use and should not be reused.
8. Students should bring their gross anatomy and histology manuals daily to respective labs.
9. Each student must bring along the following essential items for personal protection:  
3- ply facemasks, Hand sanitizer



## Department of Physiology

### Book recommended for 1<sup>st</sup> year MBBS students

#### A. Textbook

1. Guyton and hall textbook of Medical Physiology  
(3<sup>rd</sup> south Asian Edition)
2. Ganong's Review Medical Physiology 26<sup>th</sup> Edition (Reference Book)
3. Principal of Medical Physiology by Sabyasachi Sircar.
4. Indu Khurana Textbook of Physiology.
5. Dr. G K Pal Textbook of Physiology (Volume I & II).
6. Dr. A.K. Jian Textbook of Physiology (Volume I & II).
7. Textbook of Medical Physiology, D. Venkatesh/HH Sudhakar.

#### B. Practical Book of Physiology-

1. Practical Manual Dr. RMLIMS.
2. Dr. G.K. Pal Practical Book.
3. Dr. A.K. Jian Practical Book.
4. C.L. Ghai
5. Clinical Hutchinson.



**Department of Biochemistry**

**Books recommended for 1<sup>st</sup> year MBBS students**

**Textbook:**

- 1. Textbook of Medical biochemistry-**Dinesh Puri** 3rd Edition.
- 2. Textbook of Biochemistry- **Dr. S.K. Gupta** 2<sup>nd</sup> Edition.

**Reference books:**

- 1. Lippincott's Illustrated Reviews South Asian Edition (Biochemistry)- Denise R. Ferrier SAE Editors.
- 2. Textbook of Biochemistry- Rafi MD.

**Dr. Rashmi Kumari**  
 Sub-Dean  
 Member Secretary  
 U.G. Committee  
 Dr. RMLIMS, Lucknow

*(Signature)*  
**Prof. Vineeta Mittal**  
 Chairperson, U.G. Committee  
 Dr. RMLIMS, Lucknow





### Information of Anti Ragging

1. Dr. RMLIMS is a ragging-free campus. In case of any problem students can contact any members of the anti-ragging squad.

S.No.	Name of Members Anti Ragging Squad	Contact No.
1	Dr.Vikas Singh, Professor (Jr Gr), Dept.of General Surgery	9917403878
2	Dr.Anupam Das, Professor, Dept.of Microbiology	8176007014
3	Dr.Jaya Garg, Professor (Jr Gr), Dept.of Microbiology	9336423308
4	Dr.Arпита Singh, Professor (Jr Gr), Dept.of Pharmacology	9415675163
5	Dr.Nidhi, Anand, Professor (Jr Gr), Dept.of Pathology	8177005128
6	Dr. Beena Sachan, Professor (Jr Gr), Dept.of Community Medicine	9473960543
7	Dr.Rudramani, Associate Professor, Dept.of General Surgery	9568931525
8	Dr.Shobhit Shakya, Associate Professor, Dept.of General Medicine	9935221759

2. The squad will have vigil, oversight and patrolling functions. It shall be mobile, alert and active always and is empowered to inspect places of potential ragging and make surprise raids on hostels and other hot spots. The Squad shall investigate incidents of ragging and make recommendations to the Anti-Ragging Committee and shall work under the overall guidance of the Anti-Ragging Committee. (In accordance with letter no.1477/UG/Dr.RMLIMS/2019 and 1478/UG/Dr.RMLIMS/2019 dated 18/07/2019).

### Administrative action in the event of ragging. -

1. The institution shall punish a student found guilty of ragging after following the procedure and in the manner prescribed hereinunder:
  - The Anti-Ragging Committee of the institution shall take an appropriate decision, regarding punishment or otherwise, depending on the facts of each incident of ragging and nature and gravity of the incident of ragging established in the recommendations of the Anti-Ragging Squad.
  - The Anti-Ragging Committee may, depending on the nature and gravity of the guilt established by the Anti-Ragging Squad, award, to those found guilty, one or more of the following punishments, namely.
    - a. Suspension from attending classes and academic privileges.
    - b. Withholding/ withdrawing scholarship/ fellowship and other benefits.
    - c. Debarring from appearing in any test/ examination or other evaluation process.
    - d. Withholding results.



- e. Debarring from representing the institution in any regional, national or international meet, tournament, youth festival, etc.
  - f. Suspension/ expulsion from the hostel.
  - g. Cancellation of admission.
  - h. Rustication from the institution for period ranging from one to four semesters.
  - i. Expulsion from the institution and consequent debarring from admission to any other institution for a specified period. Provided that where the persons committing or abetting the act of ragging are not identified, the institution shall resort to collective punishment.
2. An appeal against the order of punishment by the Anti-Ragging Committee shall lie,
- a. in case of an order of an institution, affiliated to or constituent part, of a university, to the Vice-Chancellor of the University.
  - b. in the case of an order of a university, to its Chancellor.
  - c. in case of an institution of national importance created by an Act of Parliament, to the Chairman or Chancellor of the institution.
3. Where an institution, being constituent of, affiliated to or recognized by a university, fails to comply with any of the provisions of these Regulations or fails to curb ragging effectively, such University may take any one or more of the following actions, namely.
- a. Withdrawal of affiliation/recognition or other privileges conferred.
  - b. Prohibiting such an institution from presenting any student or students then undergoing any program of study therein for the award of any degree/diploma of the University. Provided that where an institution is prohibited from presenting its students or students, the Commission shall make suitable arrangements for the other students to ensure that such students are able to pursue their academic studies.
  - c. Withholding grants allocated to it by the university, if any
  - d. Withholding any grants channelized through the university to the institution.
  - e. Any other appropriate penalty within the powers of the university.
4. Where in the opinion of the appointing authority, a lapse is attributable to any member of the faculty or staff of the institution, in the matter of reporting or taking prompt action to prevent an incident of ragging or who display an apathetic or insensitive attitude towards complaints of ragging, or who fail to take timely steps, whether required under these Regulations or otherwise, to prevent an incident or incidents of ragging, then such authority shall initiate departmental disciplinary action, in accordance with the prescribed procedure of the institution, against such member of the faculty or staff.
- a. Provided that where such lapse is attributable to the Head of the institution, the authority designated to appoint such Head shall take such departmental disciplinary action; and such action shall be without prejudice to any action that may be taken under the penal laws for abetment of ragging for failure to take timely steps in the prevention of ragging or punishing any student found guilty of ragging.
  - b. The Commission shall, in respect of any institution that fails to take adequate steps to prevent ragging or fails to act in accordance with these Regulations or fails to punish perpetrators or incidents of ragging suitably, take one or more of the following measures, namely.
    - i. Withdrawal of declaration of fitness to receive grants under section 12B of the Act.
    - ii. Withholding any grant allocated.
    - iii. Declaring the institution ineligible for consideration for any assistance under any of the general or special assistance programs of the Commission.
    - iv. Informing the public, including potential candidates for admission, through a notice displayed prominently in the newspapers or other suitable media and posted on the website



of the Commission, declaring that the institution does not possess the minimum academic standards.

- v. Taking such other action within its powers as it may deem fit and impose such other penalties as may be provided in the Act for such a duration of time as the institution complies with the provisions of these Regulations.
- vi. Provided that the action taken under this clause by the Commission against any institution shall be shared with all Councils.

**SAY NO TO RAGGING**

**YES TO JOYFUL CAMPUS**

**What is Ragging?**  
Any act involving the  
- Mental/Physical/Verbal Abuse  
- Sexual Abuse  
- Intimidation  
- Coercion/Extortion/Unethical Manipulation  
- Exclusion/Isolation/Boycott  
- Humiliation/Degradation of the Ragged  
- Use of Force

Ministry of Education  
Government of India

**Foolishly I ragged & got suspended**

Will I get prosecuted?  
What about my Job prospects?

**SAY NO TO RAGGING**

**MY FUTURE IS A BIG ?**

Remember RAGGING is for LOSERS

Ministry of Education  
Government of India

**DON'T RAG, JUST INTERACT**

**RAGGING IS AN UNPUNISHABLE PUNISHABLE**

Ministry of Education  
Government of India

**SAY NO TO RAGGING**

**BEFORE YOU EVEN THINK OF RAGGING**

**THINK OF**

- Humiliation
- Suspension
- Blacklisting
- Ruined Career
- Exclusion
- Possible Prosecution

Ministry of Education  
Government of India

Dr. Rashmi Kumari  
Sub-Dean  
Member Secretary  
U.G. Committee  
Dr. RMLIMS, Lucknow

Prof. Vineeta Mittal  
Chairperson, U.G. Committee  
Dr. R.M.L.I.M.S., Lucknow